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ANARCHY IN THE ARCTIC?

WELL, MAYBE NOT SOON, BUT AS THE POLAR ICE MELTS, IT'S UNLOCKING TRADE ROUTES, OIL AND POSSIBLE CONFLICT PAGE 10

New sighting in same jet search area

Satellite data suggests debris in familiar patch of sea PAGE 9

An elephant never forgets ... or forgives

Drug-addled animal just one threat on Wild Things PAGE 13

More bodies pulled from slide

Washington state.
Rescuers see no sign of life as they tiptoe across volatile terrain

An aerial view shows a huge volume of earth missing from the side of a hill facing Stillaguamish River in a landslide along State Route 530, between the cities of Arlington and Darrington, on Saturday. Search-and-rescue operations are underway for survivors.
MARCUS YAM/THE SEATTLE TIMES/THE ASSOCIATED PRESS

Searchers found five more bodies Sunday in the tangled sludge of a massive landslide in the northwestern state of Washington, bringing the death toll to at least eight from the wall of debris that swept through a small riverside neighbourhood.

Four more bodies were discovered late Sunday, said Snohomish County sheriff's Lt. Rob Palmer. Earlier in the day, authorities said one body had been found on the debris field. Three people were already confirmed dead on Saturday.

More people remained missing, and authorities said the number was "fluid." Earlier Sunday, they said it was at least 18, but that count came before additional bodies were discovered.

The mudslide that struck Saturday morning also critically injured several people and destroyed about 30 homes.

Crews were able to get out to the muddy, tree-strewn area after geologists flew over in a helicopter and determined it was safe enough for emergency responders and technical rescue personnel to search for possible survivors, said Snohomish County Fire District 21 Chief Travis Hots on Sunday evening.

"We didn't see or hear any signs of life out there today," he said, adding that they did not search the entire debris field, only drier areas safe to traverse.

Despite that, Hots said crews were still in a "search-and-rescue mode. It has not gone to a recovery mode at this time."

He said the search would continue until nightfall, when conditions would become too dangerous.

The mudslide hit Saturday morning about 88 kilometres north of Seattle. Authorities believe it was caused by recent heavy rainfall. About 30 homes were destroyed.

Rescuers' hopes of finding more survivors had been buoyed late Saturday when they heard people yelling for help from within the debris field, but they were unable to reach anyone. The mud was so thick and deep that searchers had to turn back.

The slide wiped through what neighbours described as a former fishing village of small homes — some nearly 100 years old.

Some of the missing may have been able to get out on their own, authorities said. The number of those unaccounted for could change because some people may have been in cars and on roads when the slide hit, Hots said.

Shari Ireton, a spokeswoman for the Snohomish County sheriff's office, said Sunday that a total of eight people were injured in the slide.

A six-month-old boy and an 81-year-old man remained in critical condition Sunday morning at Harborview Medical Center in Seattle. Hospital spokeswoman Susan Gregg said two men, ages 37 and 58, were in serious condition, while a 25-year-old woman was upgraded to satisfactory condition.

Bruce Blacker, who lives just west of the slide, doesn't know the whereabouts of six neighbours.

"It's a very close-knit community," Blacker said as he waited at a roadblock before troopers let him through.

THE ASSOCIATED PRESS

Flooding scare

The slide blocked the North Fork of the Stillaguamish River. With the water pooling behind the debris, authorities worried about downstream flooding and issued an evacuation notice Saturday.

- The water had begun to seep through the blockage Sunday afternoon, alleviating some concerns.
- Snohomish County officials said Sunday that residents could return home during daylight hours.

Mud depth

18m

The mud was reportedly about 18 metres deep in some areas.

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John Horgan

NDP hopeful: 'We're coming and we're angry'

NDP leadership hopeful John Horgan gave his campaign a boost Sunday by securing the support of 15 sitting MLAs.

With nearly half the NDP caucus behind him (there are 34 NDP MLAs in B.C.), Horgan, MLA for Juan de Fuca, held an energetic rally in New Westminster where he promised to deliver what most New Democrats crave since its humbling election day defeat last year: Liberal blood.

"Good luck Liberals, we're coming and we're angry," Horgan boomed, distancing himself from Adrian Dix's maligned strategy of running a positive, policy-first campaign free of political attacks.

Mike Farnworth, the only other contender for NDP leadership to date, has done the same.

Judging by the war cries from the crowd at the Westminster Inn, it is the right move.

"We need to speak truth to power, we need to call them out when they lie," Horgan said. "I guarantee you ... I will call them out every step of the way."

But for all of his tough talk, Horgan offered no answer to the biggest issue surrounding his party since Thursday: news that fellow MLA Jenny Kwan is embroiled in the Portland Hotel Society funding scandal.

Horgan said he hasn't talked to Kwan, or even read media reports about the two international trips she took that were paid for by the Downtown Eastside non-profit housing provider.

MATT KIELTYKA/METRO

The 1207 interurban train sits in a warehouse near False Creek in Vancouver Sunday. NICK WELLS/METRO

Last call for city's public transit relic

Downtown Historic Railway. 'It was really just a novelty': Councillor

NICK WELLS
vancouver@metronews.ca

The bells of the old interurban will not be heard again around False Creek after the city concluded the historic railway cars cannot operate as a safe and viable transit service.

A memo sent by Peter Judd, general manager of engineering services for the city, concluded the Downtown Historic Railway "does not provide a reliable transportation option." Instead, it said the city's focus should remain on the Broadway rapid transit corridor.

The news left the Transit Museum Society disappointed at the lack of support for historical transit ventures.

"It's not meant to be an 18,000 person per day bus route as the memo makes the comparison to," said Matthew Laird, a member of the society and former supervisor of the Downtown Historic Railway.

The city memo noted the number of accidents involving the railway as well as the city being on the hook for liability in rail operations

American owner

"It'd be exporting a piece of B.C. heritage to Seattle, which is disappointing."

Matthew Laird, a former supervisor of the Downtown Historic Railway, on returning the train to its owner.

"This service wasn't performing a transit function, it was not needed by Granville Island or tourism interests. It was really just a novelty, a really beautiful and wonderful one," said Geoff Meggs, a Vancouver city councillor.

The railway was brought back in 1998 and ran from Science World to Granville Island. The track was further revitalized ahead of the 2010 Winter Olympics and was used to demonstrate Bombardier streetcar technology.

The railway has two vintage tramcars, the BCER 1231 and the BCER 1207. BCER 1207 is the only remaining B.C.-built streetcar in existence and also happens to be owned by a Seattle resident. The memo recommends returning the car to its owner.

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Route 40. Ferry cuts set coastal aboriginal tourism efforts adrift

Aboriginal entrepreneurs looking to develop home-grown tourism ventures along British Columbia's coast say their plans have been set adrift by Liberal government route cuts at BC Ferries.

The government's decision to sink the money-losing summer run between Port Hardy on Vancouver Island and Bella Coola on the Central Coast has prompted one First Nation and a major tourism agency to re-evalutate their tourism strategies.

After investing $1.5 million over the past two years, the Aboriginal Tourism Association of B.C. says the impending cuts to ferry service forced it to gear down campaigns to train coastal First Nations to embrace tourism opportunities.

What's the point of going full-speed-ahead on tourism when the government has left operators and residents with the 16-vehicle, barge-like MV Nimpkish, to provide a milk-run service for the nine-hour voyage from Bella Bella to Bella Coola, says Keith Henry, the association's chief executive officer.

Transportation Minister Todd Stone says the government and B.C. taxpayers can't keep bailing out BC Ferries, which is why service and route cuts are coming next month in an effort to hold down fare increases and keep the service sustainable.

Henry said the decision to eliminate Route 40, or the Discovery Coast route, this year downgrades the Central Coast's circle tour travel package that included a 115-vehicle vessel with full services.

THE CANADIAN PRESS

Mental health. Firefighter responds to attack with outreach

One of two firefighters attacked by a man with an axe on Hornby Island last week is using the incident to open a dialogue about mental-health issues in the community.

Deputy fire chief Doug Chinnery and one of his colleagues responded to a report of a backyard fire last Monday, where they were chased off the property by a man with an axe.

"After talking to community members, several people said that over the last couple of weeks he was more on edge. He got weirder and weirder and people wondered when he was going to crack," said Chinnery, who quickly wondered why nobody did anything to help the man, who was arrested.

"I realized they didn't know what to do, how to get help or how to stop him to getting to the escalating point," he said. The incident has prompted Chinnery to start a community discussion about what to do when a situation like this arises.

Comox Valley RCMP responded to the incident, where they found propane cylinders and gas cans wired to the battery in Chinnery's car. The car was also vandalized with graffiti and had a smashed taillight.

KAYLA ISOMURA/FOR METRO

Striking container truck drivers stand by after parking their trucks downtown during a rally on Friday. DARRYL DYCK/THE CANADIAN PRESS

Legislation to end strike could come today

Port Metro Vancouver. According to officials, the port is losing about $800 million a week

NICK WELLS
vancouver@metronews.ca

Back-to-work legislation planned by the provincial government to end the trucker strike affecting Port Metro Vancouver is set to hit as early as Monday and union officials are disappointed the situation has escalated this far.

"The finger pointing is really disappointing when that much energy could have been put into trying to get solutions that would actually make the situation better," said Gavin McGarrigle, the B.C. director of Unifor, which represents about 250 truckers working at Port Metro Vancouver.

McGarrigle noted the support from provincial NDP at a Friday rally and hopes any proposed legislation would be defeated in the Legislature.

The strike, which started nearly a month ago, involves more than 1,000 unionized and non-unionized truckers. Low wages, undercutting of rates and long wait times sparked the strike.

The port, provincial and federal government drafted a 14 point action plan to address concerns about compensation and wait times at container terminals and to create an industry oversight committee in an attempt to end the strike.

Since the plan was rejected, relations have grown increasingly frosty. On Friday, the port issued a video which they say shows a trucker crossing the picket line while being verbally abused by striking truckers.

The strike has decreased trucker service at the port by 60 per cent. Port officials say the port is losing about $800 million a week and says any prolonged action could affect how companies view the port.

"Things like this give rise to concern on the part of exporters or importers and they might look to use other gateways," said Peter Xotta, vice-president of planning and operations with Port Metro Vancouver.

If the back-to-work legislation is passed, there would be a mandatory 90 day cooling off period. Port Metro Vancouver has also announced both unionized and non-unionized truckers whose licences and permits are about to expire won't have them extended if they don't return to their jobs.

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Kwan vows to pay back cash

PHS. MLA handing over $35,000 in travel expenses, taking leave

NDP MLA Jenny Kwan was fighting off tears as she spoke to media Friday morning, confirming she expensed roughly $35,000 to the Portland Hotel Society on two trips to Europe and Disneyland.

Kwan said she didn't question where Robert Dan Small, her soon-to-be ex-husband, got the money as she trusted him, but she has promised to pay back the entirety of the expenses as well as to take an unpaid leave of absence.

"Words cannot adequately express how shocked and sorry I am about the findings of this audit," Kwan said. "It is my understanding that my ex-husband travelled to Europe to further his work for the Portland Hotel Society (PHS) and while he was there, he conducted research, was a presenter and attended conferences."

Last week, Mark Townsend and the rest of the founders and executive board at the PHS resigned under government pressure after a scathing audit was revealed to the public.

The audit was done on behalf of BC Housing and Vancouver Coastal Health, which cited inflated incomes, large travel expenses and poor bookkeeping as some of their concerns.

Kwan noted she paid for the trip to Disneyland herself, but upon arrival Small informed the family he had paid for a hotel upgrade.

"However, the audit appears to indicate otherwise," Kwan said. "I am therefore reimbursing the full cost of this item to the society."

Since the audit became public knowledge, Kwan said she spoke with her husband briefly on Thursday, but due to their current relationship status the conversation didn't amount to much.

Kwan didn't say how long her leave of absence would be, but currently she has no plans to resign as MLA for Vancouver-Mt. Pleasant.

The PHS was started in 1993 and has housed more than 1,000 people in the Downtown Eastside, as well as championed Insite and other harm-reduction measures such as the crack pipe vending machine and mobile needle exchange.

SAM SMITH/FOR METRO

Cost by cost

According to Kwan, the trips with Small and her two children broke down as follows:

- $8,323.22 for travel to the U.K.
- $3,175.12 for travel to Bristol.
- $5,950.60 in flight costs.
- $4,142.68 in transportation.
- $10,636 for Vienna.
- $2,694.95 for the Disney hotel upgrade.

NDP MLA Jenny Kwan addresses media in Vancouver on Friday over two trips paid for by the Portland Hotel Society.
SAM SMITH/FOR METRO

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Deputy premier and minister responsible for housing Rich Coleman is open to the option of the province paying for co-op housing subsidies. METRO FILE

Co-ops look for funds to replace lost federal cash

Affordable housing. CHF BC hoping province will pick up the tab when federal contracts finish

SAM SMITH
vancouver@metronews.ca

Within seven years housing co-ops across Canada will be without federal funding, with Vancouver's first co-op scheduled to finish its contract this year.

Currently one-third of residents living inside of co-op housing units require low-income subsidies to help pay their rent, otherwise they wouldn't be able to live there.

But the federal government is done picking up the bill once their contracts finish and the Co-operative Housing Federation of BC (CHF BC) says they need someone to pick up the slack before it's too late.

"Responsibility has shifted to the provinces, but all the co-ops we're meeting with tonight were funded under federal agreements," said Thom Armstrong, executive director of CHF BC. "So as those agreements expire we need the provincial government to pick up the slack and offer rent assistance to low-income co-op members."

There's room in the provincial budget, Armstrong said, stating it would cost roughly $10 million a year once all the contracts finish by 2021.

"But that's only a drop in the bucket compared to the social cost of affordable housing or homelessness, so we think it's a good investment for the government to make in affordable housing and we're prepared to help them roll that program out when the time comes," he said.

Sixty concerned co-op residents were in attendance at CHF BC's first meeting on this issue Thursday in Burnaby.

CHF BC communications director Fiona Jackson and Don Hauka led a presentation describing the situation and fielded any questions people had.

Jackson and Hauka said they had met with the province's minister for housing Rich Coleman and say he is open to their ideas, which is why these meetings have now begun.

"It takes a whole co-op community to educate a minister in this case," Hauka said jokingly.

To start, CHF BC recommended their members begin talking to their MLA and MPs, to attend meetings, share their experiences and basically get their voices heard.

No new meetings are scheduled at this point, but Armstrong said this was the first of many to come.

Hard hit

- Vancouver is home to the largest number of housing co-operatives in the Lower Mainland at 107.
- Kitsun, a Vancouver housing co-op with 17 units located near Vine Street and Broadway, is the first to finish its federal contract this year.

Injunction. Federal Court allowing patients to grow medical marijuana

The Conservative government's plan to move medical marijuana plants out of patients' basements and into commercial facilities was dealt a significant setback Friday, after a Federal Court judge ruled anyone already licensed to grow the drug may continue to do so.

Judge Michael Manson issued an injunction exempting patients who are licensed to possess or grow medical marijuana under the current rules, for themselves or others, from new regulations that would have made the practice illegal.

A group of patients behind a constitutional challenge asked for an injunction to preserve the status quo until their legal case goes to trial.

The federal government announced its plans to overhaul the production of medical pot last year, arguing the current system was rife with problems.

THE CANADIAN PRESS

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Criminologist to track trolls with language

Cyberbullies beware. Western University's Mike Arntfield hopes to draw up a 'lexicon' of how trolls talk online

MIKE DONACHIE
Metro in London, Ont.

Criminologist Mike Arntfield
METRO

It's the crime of the future, but it's not against the law — yet.

Sometimes it seems like trolls are everywhere online, using bullying or shock tactics to try to get a reaction from people. But one criminologist thinks he can help stop them, and his plan is a global first.

Western University's Mike Arntfield has gained federal funding to study the trolls' language. He has research assistants collecting text samples from social media, with the eventual aim of drawing up a "lexicon" of the way trolls talk.

And, just like criminal profiling allows experts to predict the behaviour of killers and other violent offenders, that lexicon could provide signposts that show when trolls are about to do something more sinister.

"I'm surprised to some extent that I'm the first scholar to study this using (social media posts)," said Arntfield, who is also studying the relationship between online bullies and their victims. The reaction from victims can be a variable in how a bully behaves.

"It's all uncharted territory in studying cyberbullying," said Arntfield, who also leads the OWN TV show To Catch a Killer.

He says "lexical choices" could be tracked, then used as "linguistic clues" in predicting how a person behaves in future.

There may even be similarities between trolls who are otherwise from different age groups or places; Arntfield says it's possible there is an "online bullying creole" of recurring words in posts and screen names that can flag a troll.

But why study this, if it's not against the law? Because one day it might be, Arntfield explained. He predicted a time when legislation is drawn up to criminalize online bullying, which has already driven some people to suicide, and to do that it needs to be defined.

Four Paws for the cause

This photo, taken on March 12 and released by the animal-welfare organization Four Paws, shows manager of the bear sanctuary Afrim Mahmuti holding a six-week-old brown bear cub named Ema. The sanctuary is located in the Kosovo village of Mramor, where animal activists say three cubs have been rescued from captivity. They were found at two separate homes last week in the western town of Peja and are believed to be from the same mother. No arrests have been made. FOUR PAWS/THE ASSOCIATED PRESS

Lotto lull

Agencies want the lottery to go viral

Millennials aren't buying lottery tickets as much as their parents do, so provincial lottery agencies are trying to develop a new national lottery aimed at people under 35.

A spokeswoman for the Western Canada Lottery Corp. said "the kinds of games we're offering … are not necessarily as appealing to today's younger adults." THE CANADIAN PRESS

The Holy 'C'

Cocaine seized on its way to Vatican

The haul was unremarkable, but the destination raised eyebrows, as German officials intercepted a shipment of cocaine destined for the Vatican in January.

Officers at Leipzig airport found 340 grams packed into condoms inside a shipment of cushions coming from South America. THE ASSOCIATED PRESS

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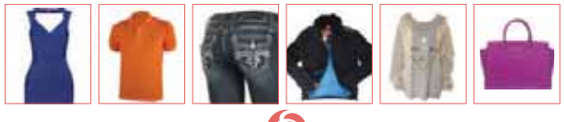

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PQ: 'We don't want this election stolen by people from Ontario'

The Parti Québécois says it's worried students from Ontario and the rest of Canada are trying to steal the provincial election.

The PQ called a news conference on Sunday morning in order to express concern about media reports of English-speakers and other non-francophones from outside of the province trying to vote in the April 7 election.

PQ candidate Bertrand St-Arnaud wants the province's chief electoral officer to examine attempts to register to vote.

"We don't want this election stolen by people from Ontario and the rest of Canada," St-Arnaud said.

Another PQ candidate, former student leader Leo Bureau-Blouin, added he wants to ensure the election is decided by Quebecers.

"We want to make sure that it's Quebecers who choose their government and we want to make sure that the chief electoral officer takes the measures that are needed," he said.

"We are concerned by the fact that many, many people who are not registered on the list want to be registered."

St-Arnaud said he found a report in Sunday's Journal de Montreal particularly troubling. It described an attempt by "hundreds of Ontario students" to vote against the Parti Québécois' leader Pauline Marois.

Quebec's chief electoral officer issued a statement on Saturday clarifying the rules.

Spokesman Denis Dion said voters must be Canadian citizens and have lived in Quebec for six months, and have the intention of making Quebec their home.

He said officials also take into account other evidence, such as proof of a bank account in a Quebec institution, a Quebec health insurance card or driver's licence, or a Quebec income tax return. THE CANADIAN PRESS

Parti Québécois Leader Pauline Marois visits Sainte-Angèle-de-Prémont, Que., on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Voter-registration concerns

The PQ's comments come after the head of an electoral office for a Montreal riding resigned over concerns about the registration process.

Data shows possible flight debris in same search zone

Malaysia Airlines.
French images show 'potential objects' in area previously flagged by Australia, China

Cyclists hold a banner as they take a moment of silence during the Ride of Prayer for missing Malaysia Airlines flight MH370 outside the departure hall of Kuala Lumpur International Airport in Sepang, Malaysia, Sunday. JOSHUA PAUL/THE ASSOCIATED PRESS

France provided new satellite data Sunday showing possible debris from the missing Malaysia Airlines jet, as searchers combing a remote part of the southern Indian Ocean tried without success to locate a pallet that could be a key clue in solving one of the world's biggest aviation mysteries.

The new information given to Malaysia's government and forwarded to searchers in Australia shows "potential objects" in the same part of the ocean where satellite images previously released by Australia and China showed objects that could be debris from the plane, Malaysia's Ministry of Transport said in a statement without providing further details.

Flight 370 went missing over the Gulf of Thailand on March 8 with 239 people aboard en route from Kuala Lumpur, Malaysia, to Beijing, setting off a multinational search effort that has turned up nothing conclusive so far on what happened to the jet.

Sunday's search was frustrating because "there was cloud down to the surface and at times we were completely enclosed by cloud," Royal Australian Air Force Flight Lt. Russell Adams told reporters. He said nothing of interest to searchers was found.

THE ASSOCIATED PRESS

Pallet problem

Information about the new data emerged as authorities co-ordinating the search sent planes and a ship to try to "re-find" a wooden pallet that appeared to be surrounded by straps of varying lengths and colours.

- It was spotted Saturday by spotters in a search plane, but no images were captured of it and a military plane dispatched to locate the pallet could not find it.

Ukraine

President calls for release of 'abducted' commander

A Ukrainian air force commander is being held after his base in Crimea was stormed by pro-Russian forces, and the acting president called for his release Sunday.

Col. Yuliy Mamchur is the commander of the Belbek Air Force base near Sevastopol, which was taken over Saturday by forces who sent armoured personnel carriers smashing through the base's walls and fired shots and stun grenades. One Ukrainian serviceman was reported wounded in the clash.

It was unclear if the forces, who didn't bear insignia, were Russian military or local pro-Russia militia.

Ukraine President Oleksandr Turchynov, in a statement, said Mamchur was "abducted" by the forces. He didn't specify where Mamchur is believed to be held. THE ASSOCIATED PRESS

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The Far North turf war

Five countries lay claim to territory around the North Pole. Some of those claims conflict, while other countries, like China, want the Arctic to be deemed an international zone. So far, the Arctic has remained peaceful, but as countries scramble for resources, how long will that peace last?

DYLAN C. ROBERTSON
For Metro in Toronto

As polar ice melts away, rising temperatures are unlocking oil, trade routes and the potential for conflict in the Far North.

"It's the opening chapter of what's going to amount to be a very long story, and people are playing nice and working together — for now," says Robert Huebert, a University of Calgary professor and expert in circumpolar relations and defence policy.

Five countries claim territory around the North Pole: Canada, Russia, the United States (through Alaska), Norway and Denmark (through Greenland). Some claims conflict, while other countries like China want the Arctic to be deemed an international zone.

Polar ice has been steadily decreasing as high temperatures lead to longer summer melts. The U.S. Navy published a study last December suggesting summers in the Arctic could be ice-free as early as 2016, with regular shipping routes expected by 2030.

Meanwhile, 13 per cent of the world's undiscovered oil and a third of its untapped natural gas lies in the Arctic, according to the U.S. Geological Survey.

That leaves countries scrambling for resources and trade routes. Canada recently asserted a claim over the North Pole, following Russia and Denmark. The Arctic has remained peaceful, with each state respecting United Nations rules on international waters.

But co-operation broke down this month. Canada, the U.S. and Norway cancelled joint military operations with Russia following the country's invasion of Ukraine.

"This is going to cause a pushback on the side of the Russians, in the Arctic region specifically," Huebert says. "It contains two of the most powerful states in the international system that are increasingly having different interests."

Huebert noted that Russia's involvement in Crimea was partially a response to the Western military alliance NATO seeking closer ties with Ukraine. All other Arctic countries are NATO members. Huebert says further NATO expansion could lead to a Russian pushback, and Canada is not well equipped.

"As the Arctic is more and more integrated, you're going to see other events spilling into it."

Canada

Canada has a small Arctic military presence, with a training centre opened last year that only holds 150 soldiers. A Nunavut military base was announced in 2007, but construction has yet to start. "Canada's very good at plans, but not so much at execution," says Huebert.

The UN has led a decade-long process for countries to extend their borders over parts of the frozen Arctic if they can prove that seabed ridges extend from their mainland.

Last December, Canada was about to submit its claim when Prime Minister Stephen Harper asked researchers to include the North Pole. Experts aren't sure why the original claim didn't include the pole, which lies near a large oil patch.

The next day, Russian President Vladimir Putin announced his country would expand its already large military presence.

Michael Byers, an Arctic expert and professor at the University of British Columbia, says Canadians have little to worry about.

"There is no immediate reason for concern, and no reason to change Canadian Arctic policy — which focuses heavily on co-operation."

Russia

Russia has claimed a large portion of the Arctic, including the North Pole. The government expects the Arctic to be Russia's primary resource base by 2020.

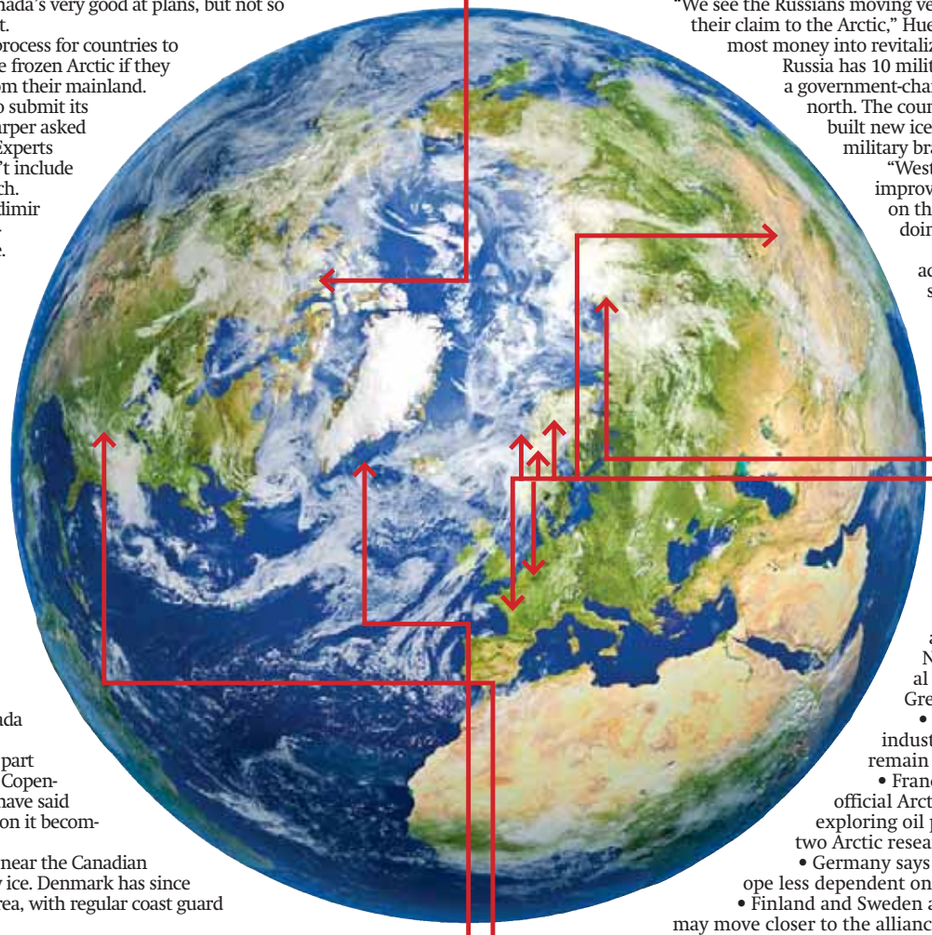
"We see the Russians moving very strongly on supporting and increasing their claim to the Arctic," Huebert says. "They're the ones who put the most money into revitalizing their military capabilities."

Russia has 10 military bases along the Northern Sea Route, a government-charted trade route spanning Russia's entire north. The country has modernized its submarine fleets, built new icebreakers and is considering a separate military branch solely for protecting the Arctic.

"Western countries are doing something to improve their military capabilities, but it's not on the same scale as what the Russians are doing," he says.

Huebert says that Russia will probably act belligerently toward other countries, such as by flying planes into other countries' airspaces, but would likely not invade other countries.

"You won't see direct military action per se, unless something really goes bad somewhere else," he says.



Denmark

Denmark is claiming an area that includes the North Pole. It also claims islands that Canada has previously claimed.

In 2005, Denmark occupied Hans Island, an unpopulated island on the border of both countries. Most analysts interpret this as a test of how well Canada defends its claims.

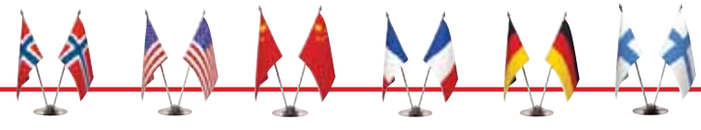
Greenland remains an autonomous part of Denmark that receives billions from Copenhagen each year. Danish governments have said that Greenland's independence hinges on it becoming economically self-sufficient.

In 2010, a large oil patch was found near the Canadian border in an area previously covered by ice. Denmark has since increased its military presence in the area, with regular coast guard and air patrols.

The largest estimated Arctic oil deposit lies just east of Greenland, near Iceland. "The Danes are wondering if they can get any of this oil lying offshore," says Huebert. "They're also looking at how China's ingratiated itself with Greenland and Iceland." The Chinese government has invested in mining and oil exploration in both countries.

Others

- Norway has made a claim to an area also claimed by Russia, which includes some oil reserves.
- The United States hasn't made any territory claims. The U.S. wants the Northwest Passage to be an international trade route. It has a military base in Greenland and a large submarine fleet.
- China has invested heavily in Arctic industry projects and wants the zone to remain neutral.
- France is the only non-Arctic state with an official Arctic ambassador. French companies are exploring oil projects in the Arctic, and France runs two Arctic research bases.
- Germany says an Arctic trade route could make Europe less dependent on Russian gas.
- Finland and Sweden are not part of NATO; Huebert says they may move closer to the alliance if Russia further invades Ukraine. This would further encircle Russia and likely provoke military action.



The circle of life

A cow cleans her newborn calf on the O'Connor Ranch near Philip, S.D., last week. Rancher Chuck O'Connor brought in about 200 females to rebuild his herd, which suffered losses in an unexpected blizzard last fall. The two-day October storm, which first brought rain and then dumped up to four feet of snow in some places, killed more than 40,000 cattle, sheep and horses. With the new cows and the arrival of the spring calving season, O'Connor estimates his herd will grow to around 500 in May. TOBY BRUSSEAU/THE ASSOCIATED PRESS

Have a strong tummy?

Then invest in social media. Betting on trendy stocks from Twitter to Facebook is not for the faint of heart

HOW TO ROLL
Alison Griffiths
metronews.ca

The share price of Groupon, the coupon website, is plummeting. Oops, no it isn't. Wait a minute, yes it is! Groupon (GRPN) share prices dropped 75 per cent in 2012, gained 129 per cent in 2013, and have lost 26 per cent so far this year. That wild stock price ride pretty much sums up the experience of investing in social media. In a word, exciting — but not always in a good way.

Social media is one of the trickiest sectors for investors. Most measures for evaluating stocks, such as the price-to-earnings (P/E) ratio, are useless when applied to these Internet-focused companies.

And social media stocks are anything but lemming-like. In fact, at any given time there can be tremendous divergence in stock price direction with some heading north and others heading south, regardless of what's going on in the economy.

Also, the social media universe isn't just out-there tech stocks. Facebook has recently been added to the S&P 100 and 500 indices, signaling the maturing of the sector.

It can be fun to take a flyer at social media IPO's. Those who jumped into Twitter back in November saw the stock soar from the $26 US offering to over $54 US in just three months. But a safer option is to buy an entire index of social media stocks.

The Global X Social Media Index ETF (SOCL on NASDAQ) tracks the 27 stocks that make up the Solactive Social Media Index, which has recently traded in the $27 US a share range. All the major names are there, from Twitter and Facebook to Angie's List, Xing and Zynga. With a management fee of .65 per cent, the cost is higher than most other ETFs but still far lower than an equivalent mutual fund.

Social media investing rules

1. Limit exposure to a small percentage of your portfolio.
2. If the loonie strengthens, it can wipe out price gains. If it falls, the reverse is true.
3. Don't double dip by purchasing mutual funds or other ETFs that hold some of the same stocks.

The downside to this ETF is that you won't get any of the micro or small companies that may well become tomorrow's Twitter. So far there isn't an ETF for this group, many of which aren't yet listed on NASDAQ.

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KEEP GOD OUT OF VACCINE DEBATE

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

We live in an age of marvels.

But just under the surface lurks a bizarre tendency to chuck it all away and revert to the cave so we can shiver in the dark and think magical thoughts.

Take the anti-vaccine movement. Please. Vaccination has eradicated many potentially fatal childhood diseases, from polio to whooping cough to measles, but thanks to a few statistically rare anomalies, many people are reluctant to have their children vaccinated.

You can almost accept the idea that there may be medical side effects or that there are non-medical ingredients in vaccines that could be harmful to the health of your child. You'd have to discount the millions of successful vaccinations to go there, but you could at least make the argument.

Then there's the religious argument, if you can call it that. There's a measles outbreak in Chilliwack, mainly because the local pastor at the centre of the outbreak believes (as he has told the media) that "we leave it in God's hands." And if it's "His will that we get a contagious disease … He can also heal us from it."

This is wacko nonsense of the first order, and I'm not afraid to say it. If "freedom of religion" means that some guy can presume to speak for God and put an entire community, especially its defenceless children, at the risk of coming down with a perfectly preventable disease, then I get to invoke the BS rule.

Speaking of arguments, these men of God are a good argument for mandatory vaccination. Vaccinations work but only if the population is 95 per cent compliant. Thanks to the various strains of the anti-vaccination movement, the Fraser Valley compliance rate is about 60 to 70 per cent, which makes it a measles incubator.

Don't get me wrong. If you want to ignore sound reason and scientific evidence and insist on having magical thoughts about vaccination or contraception or evolution or global warming or the tooth fairy, that's up to you. But when your "beliefs" undermine the health of the entire community, they become something more dangerous. Downright viral, in the old-fashioned sense of the word.

So we ignore these people at our peril. We need to stop pussy-footing around. Our determination to celebrate diversity is good, for the most part.

But there are lots of things we don't tolerate. Like drunk driving. If some guys gets a notion to start the Church of the Divine Drunk and claim to drive over the limit because "the Lord takes care of drunks and fools," would we tolerate that?

Uh, no. He's a clear and present danger to himself and others.

There's no difference when some guy gets drunk on religion and decides to leave contagious disease in God's hands. And if you want to get religious about it, it's time we started using our God-given brains as more than hat racks.

ZOOM

Motor City's recovering

CARLOS OSORIO/THE ASSOCIATED PRESS

Efforts focused on city's youth

Javon Jones, centre, performs with other members of the Mosaic Youth Theater in Detroit. Several privately run youth organizations provide an array of extracurricular options for high school kids. Roughly 165 young people engage in Mosaic's main programs each year — most from low- and moderate-income Detroit families.

Teachers and parents are fighting to do right by the children, and many believe Detroit is finally on the rise after hitting bottom. Yet they worry about the toll of growing up amid danger, dysfunction and the blight epitomized by tens of thousands of abandoned homes.

THE ASSOCIATED PRESS

Post-bankruptcy

"This is what we're ingraining into kids' psyches — this emptiness, the lack of safety.... They're going into school with a level of fear that something bad is going to happen."

Tonya Allen, CEO of the Skillman Foundation, which backs child-oriented initiatives.

Adding it all up

88

Eighty-eight vacant school buildings are for sale — some of the 200 schools closed in recent years due to depopulation. High levels of gang violence and premature births combine to make the youth mortality rate the worst of any major U.S. city, according to a recent analysis by the Detroit News. Most of the city's 300 parks are unusable, overgrown wastelands.

Clickbait

LUKE SIMCOE
Metro Online

Twitter celebrated its eighth birthday last week by opening its vaults and letting users rediscover their first tweet. The results ranged from bland to hilarious, but taken in aggregate they illustrated how people were unsure just what Twitter was, or even how to use it, when it launched. If you haven't already, here's how you can view your first tweet, and a few other services that let you play around with your Twitter data.

CONTRIBUTED

Discover:

Discover your inaugural tweet — and everyone else's — at discover.twitter.com/first-tweet.

Tweet Cloud:

Lets you generate a word cloud of your own tweets. Just don't be surprised when "lunch" looms large in the cloud. tweetcloud.icodeforlove.com.

Tweetails:

Offers fun, free analysis of your Twitter account, including most mentioned users, favourite words and even a so-called "intelligence rating." tweetails.com.

Twitter

@metropicks tweeted: Twitter turned eight last week. Find out what your first tweet was, share it with us and we'll print it!

@PlainSJ: Ha! I didn't even know what twitter was when I joined back in '07, but I had it pegged! "@PlainSJ: Wasting time..."

@KellyOlivePR: #FirstTweet was 5 days after moving to #Toronto! "@KellyOlivePR: @ work...and loving being in Toronto"

@MattProsser: "@MattProsser: Chillin"

@Harl3yQ: I found this #FirstTweet: @Harl3yQ: Which side of the toaster oven should the keurig go on #firstworldproblems"

@FrenchmanCanada: And @strombo replied. In English AND in French. "@FrenchmanCanada: @strombo when I moved to Canada 3yrs ago you immediately became my favorite Canadian, so my #1sttweet is for you!"

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Ebooks

F This Test

By. Richard Benson

iBooks/Kindle/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

If you can't give your teacher the right answer, at least make them laugh. This collection of high school howlers compiled by Summersdale Publishers (under the pseudonym Richard Benson) captures the feel of a school workbook with doodles, lined paper, and hand-written, wisecracking answers. Most are silly, some are hilarious, and there are a few math equations that are downright clever

Box office

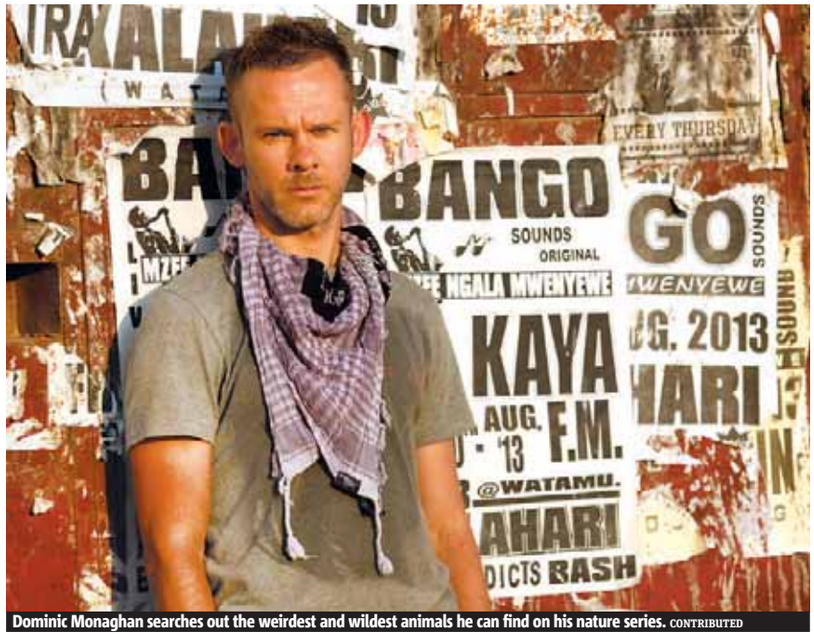
Teen sci-fi flick Divergent beats out Muppets sequel

The teen science-fiction franchise Divergent debuted with $56 million US at the weekend box office in one of the year's biggest openings, but didn't reach the heights of Lionsgate's other teen franchise, The Hunger Games, which debuted with $152.5 million in 2012. Disney's Muppets sequel Muppets Most Wanted fared poorly, earning $16.5 million over the weekend.

THE ASSOCIATED PRESS

Lost star takes danger in stride in adventure series

Born to be wild.
Dominic Monaghan has had some close calls while filming the world's most dangerous creatures



Dominic Monaghan searches out the weirdest and wildest animals he can find on his nature series. CONTRIBUTED

In the second season of Wild Things with Dominic Monaghan, it becomes abundantly clear why the show's motto is "the wilder the better." The show kicks off Tuesday with startling footage of a disoriented elephant that suddenly charges toward the show's hapless cameraman.

Monaghan says the terrifying encounter occurred after he and his crew had watched a veterinarian conduct emergency surgery on the massive beast. Moments after the doc administered an antidote to reverse the anesthetic, all hell broke loose.

"What we all assumed as a film crew was that the elephant was going to get up and give us a gentle nod in our direction and say 'Thank you,' and walk off into the African sunset," Monaghan said in a recent interview in Toronto.

"But instead it woke up and was confused and didn't know what had happened and saw a bunch of humans standing around it. And the closest person to the elephant was Frank, our cameraman — he had a big camera on his shoulder so he was very conspicuous — and the elephant tried to kill him."

Such is life in the wild.

Looking back now, it's clear Monaghan and even his seasoned Kenyan guides underestimated the peril they were in.

As everyone made a beeline for the cars, Monaghan says he and his crew were too late.

"They just drove off. They left us," he says, able to make light of the situation now.

"When (Frank) saw the cars drive off he was like, 'Oh no,' and then his balance went and then he fell over. But it worked for me because I thought, 'Well, if Frank fell over that means that I'll be OK because he's much slower than I am.'"

Luckily, their medic jumped in to distract the elephant, which eventually lost interest and wandered off. No one was hurt, says Monaghan.

The elephant tale isn't even the focus of the Season 2 premiere, which begins with Monaghan intent on finding the aggressive giant spitting cobra.

Other episodes see The Lord of the Rings actor head to Brazil, Zambia, Thailand, Japan, New Zealand and Australia to get a good look at creatures including carnivorous ghost bats, the world's longest-fanged snake and a deep sea creature considered one of the ocean's most poisonous predators.

And there are more dicey encounters. Monaghan says he needed nearly 40 stitches in his arm for another animal run-in that will be revealed in later episodes.

Nevertheless, Monaghan says he and his crew are extremely careful. A medic travels with them and carries anti-venom and other treatments, and they always know where the closest hospital is — although sometimes it can be a day away, Monaghan admits.

"We're as safe as we can be. In a show and a world that can sometimes be dangerous." THE CANADIAN PRESS

When to watch

- Season 2 of Wild Things with Dominic Monaghan airs Tuesday on OLN.

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George Michael ALL PHOTOS GETTY IMAGES

Straight talk from George: He's really not just holding out for the right woman

More than 15 years after coming out of the closet, George Michael admits that he had a particularly rough go of it following his revelation.

"For some strange reason, my gay life didn't get easier when I came out. Quite the opposite happened, really," he tells the BBC. "The press seemed to take some delight that I previously had a 'straight audience' and set about trying to destroy that. And I think some men were frustrated that their girlfriends wouldn't let go of the idea that George Michael just hadn't found the 'right girl.'"

They weren't alone, apparently, as the 50-year-old singer says "a lot of my extended family" still thinks he's holding out for the right woman.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Where does Gaga draw the line? At Katy comparisons

STARGAZING
Malene Arpe
scene@metronews.ca

Lady Gaga says she and Katy Perry "couldn't be more different." It's true. While they are both female superstar pop singers in their late 20s with a penchant for outrageous costumes, Gaga likes M&M's while Katy prefers Peanut M&M's.

Matthew McConaughey is reportedly not interested in repeating his role in the sequel to Magic Mike. Which proves the old trouser truth, "Get a fancy-pants Oscar, lose the chaps."

According to Shakira, after she said in an interview that her boyfriend will not let her make music videos with men, he said to her, "Can you please shut your little mouth next time you're doing interviews — because you're making me sound terrible." Stay where you are, Shakira. We're sending the deprogramming unit for you now.

Having previously demanded that M.I.A. pay a $1.5-million US fine for giving the finger at the Superbowl two years ago, the NFL now wants an additional $15.1 million in restitution.

In less insane news, MIT researchers conclude that Avril Lavigne is the most famous Canadian of all time.

Simon Cowell reportedly paid $1.2 million for a jaguar. Seeing as we're talking about Simon Cowell, it's anyone's guess whether it's a car or a big, dangerous cat.

Pamela Anderson

Darn that Internet! Even Pam is haunted by online sex videos

Thanks to that pesky Internet, Pamela Anderson never got to have "the talk" with her teenage sons about her infamous sex tape with their dad, Tommy Lee. "I don't know if they've seen it, but they know about it," she tells Elle magazine about 17-year-old Brandon and 16-year-old Dylan. "They know about everything. Stupid Internet. I don't know why everyone is so impressed with it."

Going to Main Street–Science World Station?

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Starting March 30, 2014 all regular four-car trains on the Expo and Millennium Lines will operate normally, but will not stop at **Main Street–Science World Station.**

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TRANSLINK

Trip coverage: That's the ticket

Medical travel insurance. When just one slip can be costly, plan is only way to go

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Don't bury your head in the sand; buying travel medical insurance is the smart thing to do. ISTOCK

My daughter told me she might be going on a trip with a girlfriend, whom we'll call Lily. When Alex told Lily that she'd want to be back by a particular date, Lily asked why. Alex said that her travel medical plan wouldn't cover her for longer than a 60-day trip. Lily announced that she never travels with medical insurance coverage.

I sighed. A lot of people don't. They're under the impression that if something bad happens to them while they're gallivanting around the world, they'll be covered by Canada's very generous health coverage.

No one expects to fall ill when travelling, though it happens all the time. Most things are quickly resolved. The bigger things come with hefty price tags and that's when we hear the story in the news. There's the story of the man who suffered a fall in Michigan and racked up $168,000 in medical bills. Or the couple who were in a car accident resulting in $325,000 in medical costs.

So do you have an extra $100K sitting around to take care of medical bills you might incur while travelling? Since provincial plans pay only a few hundred dollars a day for hospital coverage, you'd better. Or you could simply fork over some money for travel medical coverage. Would you rather spend $60 to $300 now (depending on the length of your coverage) or pony up hundreds of thousands of dollars later?

Even if you're heading to the U.S. for a day trip, insurance is a must-have. Your best bet if you cross the border frequently is to buy a plan that covers you for multiple trips. Coverage is usually provided for 12, 30 or 60 days with no limits on the number of trips in a 12-month period, so they're perfect for cross-border shoppers, business travellers or people who leave Canada more than once a year. Planning to be on the road more than 60 days? Single-trip plans can cover you for up to 183 days, perfect for those with a home away from home.

Some credit cards provide travel medical coverage. If you're a frequent traveller, the annual credit card fee is offset by the savings in not having to buy travel insurance privately. Keep in mind there may be specific restrictions.

Some people have travel medical coverage through their group benefits at work. Know what you're entitled to and whether you must put out the money and be reimbursed or can ask for direct billing to your insurance provider. And don't leave home without the telephone numbers and paperwork you will need if you do end up seeking medical treatment.

Even if you're leaving one province in Canada to travel to another, you should consider medical travel insurance. A victim of a polar bear attack got stuck with a $13,000 bill for an air ambulance to Winnipeg because she didn't have out-of-province coverage.

As for people who choose to visit you in Canada from another country, they aren't covered under our medical system. You'd best ensure you've got coverage for visitors in place if they are among the many who choose to travel without buying their own travel medical insurance.

Shopping for coverage

Make sure when you buy your insurance that you correctly answer all those questions you're asked. Screw up even a little and you could find your claim denied. Here are some questions you might want to ask as you shop for coverage:

- **How long does the coverage last?** If the trip is extended, can you extend the coverage?
- **Are there restrictions or limitations on the policy?** (Think limitations due to substance abuse or restrictions on activities like sports.)
- **Are pre-existing conditions covered?**
- **What is your maximum coverage and what are the deductibles or copayments that would apply to a claim?**
- **Are certain countries/ locations not covered?**

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METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

What can I claim for our new baby, and can I claim my spouse as a dependant?

Q I had a baby this year. What can we claim?

A Congratulations. You should receive $100 per month from the Universal Child Care Benefit. This is income and must be reported by the lower-income spouse. You can claim the child amount for the entire year no matter when your baby was born which means $338 in tax savings. Childcare expenses are the other big benefit for parents, although you might not need daycare yet. To keep receiving the monthly Canada Child Tax Benefit, you and your spouse must both file a return. The benefit is calculated based on the most recent tax year. Fail to file and the cheques will stop.

Q My spouse did not work in 2013. Can I claim him as a dependant?

A Yes, you can claim the $11,038 spousal amount if he had no income for the year. If your spouse earned some income last year, you need to deduct this amount from the spousal credit. For example, if your spouse earned $3,500, you would be able to claim $7,538 ($11,038 - $3,500) for the spousal credit. Even though your spouse had no income, he or she should still file a return to make sure you still keep getting all your benefits.

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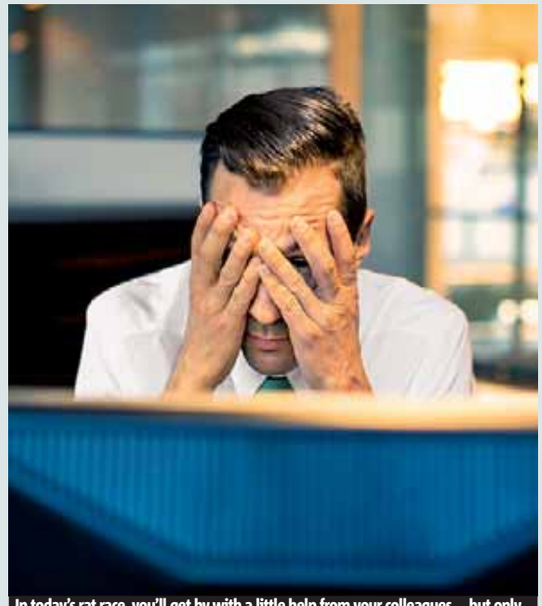
'Round the world wisdom

Ditch your pride when you need a helping hand

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



In today's rat race, you'll get by with a little help from your colleagues ... but only if you ask for it. ISTOCK

After completing the Gobi race as a solo entrant, I signed up for a new challenge: running as part of a team. In this event, teams of three or more must run six marathons in five days, remaining within 10 metres of each other at all times. The challenge is completely different than a solo race: team members must constantly adjust to the pace of weakest runner.

Winning comes to the team who moves their weakest runner the fastest. As I would find out, each of us was the weak one at times.

The key to maintaining the lead was to strengthen the weakest link as quickly as possible. Having watched other teams unravel under the weight of one member's struggles, we decided that whenever someone fatigued, it would be a team challenge to solve as opposed to an individual one.

To do this, we encouraged each team member to be vulnerable enough to solicit help early, as opposed to proudly trying to overcome the problem alone.

As such, when I reached my limit I called for help immediately, and got it. My teammates would either push or pull me forward, or temporarily take some of the weight out of my backpack. Our Atacama Crossing race strategy worked. To our surprise, we won the race, crossing the finish line a full eight hours before superior athletic teams. Back at work, when facing business challenges I let go of my own pride quickly and raise my hand when I'm struggling, working to create a safe environment so others can do the same.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Ingredients

Meatballs
- 1 lb extra lean ground beef
- 1/4 cup seasoned dry bread crumbs
- 1/4 cup finely chopped green onions
- 1/4 cup barbecue sauce
- 1 egg
- 2 tsp finely chopped garlic
- 1 tsp dried basil
- 3/4 cup part-skim mozzarella cheese cut into 12 small cubes

Sauce and Pasta
- 3 cups tomato sauce
- 1/2 lb whole wheat spaghetti noodles

Garnish
- 1/4 cup grated Parmesan
- 3 tbsp chopped fresh basil

This recipe serves four. ROSE REISMAN

Everyone loves the classic spaghetti and meatballs. But traditionally, this is not the healthiest meal you can enjoy. Usually a larger-than-necessary portion of pasta is served and fatty beef makes up the meatballs.

Here's a twist using mozzarella-stuffed meatballs, lower-fat ground beef and whole wheat spaghetti.

When buying ground beef, there is a large difference between extra-lean and regular. A four-ounce portion of extra-lean has 193 calories and seven grams of fat versus the regular ground, which has 300 calories and 20 grams of fat.

Directions

1. Preheat oven to 425 F. Line a baking sheet with foil lightly coated with cooking spray.

2. Meatballs: Combine ground beef, bread crumbs, green onions, barbecue sauce, egg, garlic and basil. Form into 12 round meatballs. Press a cube of cheese in middle and seal. Place on baking sheet and bake 12 minutes, turning halfway through the cooking time.

3. Place tomato sauce in saucepan and add cooked meatballs. Bring to boil over medium-high heat, reduce heat and simmer, covered, for 5 minutes, stirring.

4. Meanwhile, bring pot of water to boil. Add spaghetti and cook according to package directions. Drain and serve with meatballs and sauce spooned over spaghetti. Garnish with Parmesan and basil. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS)**

The secret is in the tomatoes

If you love the influence of Italian or Mediterranean cuisine, this Layered Tomato, Pesto and Buffalo Mozzarella Cheese Salad will fit the bill.

Ingredients

- 1 large field ripe tomato sliced into 8 - (1/4") slices
- 1/4 cup store-bought pesto or homemade
- 3 oz Buffalo mozzarella or Bocconcini cheese sliced into 8 small rounds
- Fresh basil leaves as garnish

Ripe tomatoes, pesto and creamy Buffalo mozzarella cheese make this a delicious appetizer, salad or perfect vegetable dish to suit any Italian entrée. I also eat this creamy, mouth-watering salad as an entire meal.

The key is to buy ripe tomatoes. You can also use plum or vine tomatoes instead of the field ones.

Buffalo mozzarella is the finest tasting cheese you can eat. It's made from the milk of water buffalos and comes packed in water. If you're not using it all, then keep the rest in water. It is high in protein and calcium.

If you can't find it, you can also substitute with Bocconcini cheese.

1. On a serving plate, place one slice tomato and spread a little pesto over top. Lay a piece of cheese halfway down and repeat with remaining tomatoes and cheese.

2. Garnish with basil leaves.

ROSE REISMAN

DISTRIBUTION ASSISTANT

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Canucks captain Henrik Sedin collides with the Sabres' Drew Stafford at Rogers Arena on Sunday. DARRYL DYCK/THE CANADIAN PRESS

Henrik honoured, then injures leg

NHL. The Canucks paid tribute to their captain for 1,000 games, defeat lowly Sabres 4-2

CAM TUCKER
cam.tucker@metronews.ca

It was Henrik Sedin's night, a celebration of his latest milestone. The end to the evening wasn't so festive.

The Canucks organization honoured Henrik for recently reaching 1,000 National Hockey League games — all played with the same team — prior to puck drop. However, the captain exited the game in the second period after appearing to injure his left leg. He did not return for the third period.

That meant Ryan Kesler, returning to the lineup after missing the last four games with a sprained knee, was placed onto the top line with Daniel Sedin, playing his first game since March 2 also because of injury, and Nicklas Jensen.

Despite the loss of Henrik Sedin, the Canucks scored four unanswered goals to defeat the Buffalo Sabres by a final score of 4-2 at Rogers Arena. That gives the Canucks 76 points, three behind the Phoenix Coyotes for eighth in the Western Conference standings.

The Coyotes have two games in hand. The ninth-place Dallas Stars, one point up on the Canucks, have three games in hand on Vancouver.

"I went to hit a guy and he came back off the boards and he fell on top of me," Henrik Sedin said. "We're in a playoff race here where we just get two guys back, and you know we lost (Burrows) the other night and now we'll see how I am."

Asked if it was a knee or ankle injury, he responded: "Below my chest."

Still, it was another case of a top player getting injured. Daniel Sedin and Kesler return, but Alex Burrows goes back out with a thumb injury. Mike Santorelli has been out since the middle of January with a shoulder injury.

"I don't know if it's any tougher leaving any other game, but it hurts," Henrik Sedin said. "We're in a playoff race here where we just get two guys back, and you know we lost (Burrows) the other night and now we'll see how I am."

MLS

Whitecaps get the job done defensively

It became evident early in Saturday's Major League Soccer match between the Vancouver Whitecaps and New England Revolution that David Ousted was in for a busy afternoon.

The Whitecaps' goalkeeper was called upon to make key saves, particularly in the first half, to help the Vancouver side to a 0-0 draw with the Revolution.

New England has yet to score a goal through three games this season. Meanwhile, in the Western Conference, the Whitecaps got another result, albeit a single point. They have now earned points in their first three games of the season.

After a dazzling display of scoring in their season opener at BC Place earlier this month, the Whitecaps have had to gut out two consecutive draws on the road.

Against the Revolution, the Whitecaps were forced to defend early. In the end the Revolution had 17 shot attempts, with Ousted being credited for three saves, although it felt like more than that. New England also had seven of their attempts blocked.

"It's a very good effort from the whole back, forward and midfield players — especially the goalkeeper," said Whitecaps head coach Carl Robinson.

"They came up with some big saves. You know, they've done their job today. And it's important if you pick up points on the road that the defenders, and the team as a whole defensively, that they've done their job."

CAM TUCKER/METRO

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PLAYOFFS

O-linemen guard their draft spots at combine

CFL. Lavertu, Foucault continue to impress coaches, scouts in Toronto ahead of draft

They came into the CFL combine as the top prospects and Pierre Lavertu and David Foucault didn't do anything Sunday to diminish that standing.

The two offensive linemen capped the weekend in Toronto with solid performances in the 1-on-1 drills although Foucault, who was battling the flu, also showed he was human. The six-foot-eight, 300-pound tackle was knocked on his backside in a 1-on-1 matchup with Western defensive end Dylan Ainsworth, who gave up six inches and 75 pounds on the Montreal Carabins offensive lineman.

"He did the bullrush and kicked my ass," Foucault said with a chuckle. "I was too high in my stance and he took advantage of my weakness.

"It was a good experience here to see all the best guys in Canada as well as the CFL teams. It was a good weekend."

Lavertu, a six-foot-three, 300-pound lineman from Laval, and Foucault finished the season ranked second and third, respectively, on the CFL scouting bureau's top-15 prospects for this year's draft. McGill tackle Laurent Duvernay-Tardif, who ended up No. 1, didn't attend, as he'll hold his pro day in Montreal next week for both NFL and CFL officials.

That left the offensive line contingent with three of the remaining four top-ranked players — Simon Fraser's Matthias Goossen ended the year at No. 5. The other was fourth-ranked St. Francis receiver Devon Bailey.

Ottawa Redblacks scout Miles Gorrell, who played 19 CFL seasons as an offensive lineman, gushed about the O-line talent at the combine.

"Their footwork and hand placement are very good, it's clear they're well coached," Gorrell said. "You see guys like Pierre Lavertu, David Foucault and Matthias Goossen stepping up to the plate and being able to prove to the coaches and scouts they're ready to take the next step.

"But a kid like Jaskaran Dhillon of UBC really impressed me, this was his first year playing on the offensive line. I also thought Terry Hart from Mount Allison did a great job and I also liked Kyle Patterson of Regina and Aaron Wheaton from the U of T."

Gorrell also had words of encouragement for Foucault.

"I'll guarantee you every offensive lineman has had that day," he said. "You consider a defensive lineman has 12 sacks in 18 games and he's had a great year but that means the offensive line has stopped him 98 per cent of the time."

THE CANADIAN PRESS

Other standouts

- Manitoba's Evan Gill, the scouting bureau's top-ranked defensive lineman at No. 6, displayed impressive strength Sunday. However, not having been in pads since the end of the season took its toll on the six-foot-three 300-pound Winnipeg native. "It was tough knocking the rust off," he said.
- Laval defensive back Adam Thibault was a standout individually. Thibault, ranked No. 13 on the CFL's top-15 list, had the top 40-yard dash time of 4.454 seconds and also finished first in the left and right agility drills.

Laval offensive lineman Pierre Lavertu impressed coaches at the 2014 CFL combine. LUCAS OLENIUK/TORSTAR NEWS SERVICE FILE

Stanford ends Wiggins' run at Kansas

Stanford's Josh Huestis, right, contests a shot from Andrew Wiggins of Kansas on Sunday in St. Louis. THE ASSOCIATED PRESS

Next stop for Andrew Wiggins: the NBA draft lottery.

The Kansas freshman, sensational all season, would just as soon forget what looks to be his college swan song.

"I could have done a lot better, I didn't give my team what they needed," Wiggins said after scoring just four points with four turnovers in the second-seeded Jayhawks' 60-57 loss to No. 10 seed Stanford on Sunday in the third round of the South Regional.

Just a little more from Wiggins, who had averaged 28 points the previous four games, might have been enough to send Kansas to the round of 16. He didn't get involved at all, hitting just one of six shots.

"I let a lot of people down," Wiggins said. "If I would have played better, we wouldn't be in this situation, you know?

"I blame myself for this."

Jayhawks coach Bill Self expects Kansas to be back in this position soon, just not with Wiggins.

"You know, this isn't the worst thing that's going to happen to him in his life," Self said. "If it is, he's had a charmed life, there's no question about that.

"I'm sad for our team and I'm sad for him that it wasn't our day or his day today."

Stanford's front line might have thrown off Wiggins, who again didn't have seven-foot centre Joel Embiid with him because of a stress fracture in his back.

"We don't go against many teams that are bigger than us," Self said. "So they bothered him with length. And I think he had an off-game, too."

Dwight Powell had 15 points and seven rebounds and Stanford wrapped up the upset from the free throw line.

Stanford will play 11th-seeded Dayton, which beat No. 3 Syracuse 55-53, in the round of 16 in Memphis, Tenn.

THE ASSOCIATED PRESS

Notable results from Sunday

- **Shockers run out of power.** Andrew Harrison scored 20 points, twin brother Aaron had 19 and Kentucky ended Wichita State's pursuit of a perfect season Sunday in a 78-76 victory.
- **Cyclones give Tar Heels the boot.** DeAndre Kane drove for the game-winning layup with 1.6 seconds left and Iowa State beat North Carolina 85-83.
- **Vols vault to round of 16.** Jarnell Stokes had 17 points and a career-high-tying 18 rebounds, and Tennessee denied Mercer a second straight upset, winning 83-63.

WHL

Giants face uphill climb, down 2-0

The Vancouver Giants return home this week, trailing the heavily favoured Portland Winterhawks 2-0 in their best-of-seven Western Hockey League first-round playoff series.

The Giants dropped the series opener 4-3 on Friday, and fell behind by a pair of games with a 3-0 loss on Saturday. The bright spot for the Giants so far has been the play of 17-year-old goalie Payton Lee.

Lee has seen a barrage of rubber, facing a combined total of 88 shots through the first two games in Portland — the first two WHL playoff games of his career. He's been up to the challenge so far, making 81 saves.

The series resumes in Vancouver on Tuesday at the Pacific Coliseum. Game 4 goes Wednesday at Pacific Coliseum. METRO

MLS

Sounders bounce back in Quebec

The Montreal Impact remained winless to start the season after dropping their home opener to the Seattle Sounders 2-0 on Sunday.

Lamarr Neagle, who spent the 2012 season with Montreal before being traded to the Sounders, headed a Gonzalo Pineda free kick out of a crowd and it hit the crossbar and deflected off Montreal goalkeeper Troy Perkins for an own goal in the eighth minute.

THE ASSOCIATED PRESS

Spring training

Romero give M's a walk-off win over A's

Oakland's Yoenis Cespedes hit his first home run of spring training, but the Seattle Mariners rallied for four runs in the ninth inning to beat a split-squad of Athletics on Sunday in Peoria, Ariz.

Stefan Romero's three-run homer off Evan Scribner gave Seattle a walk-off victory.

"I was just looking for something up to drive to get the sac fly," said Romero, who has never played above Triple-A. "Luckily, it went out."

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you need assistance over the next few days, you must ask for it. There is nothing heroic about keeping your pain to yourself. Why suffer when friends and family are ready and willing to help you?

♉ Taurus
April 21 - May 21
The omens are good now, so why do you think something bad is about to happen? Realize that if you think like that you increase the chances that it will happen that way.

♊ Gemini
May 22 - June 21
Cosmic activity in the area of your chart that influences friendships means you must not stay at home. Get out and meet people. They certainly want to meet you.

♋ Cancer
June 22 - July 23
You'll be able to twist people around your little finger today. Is it right to use your talents in this way? Of course it is. All is fair in love, war and getting ahead in your career.

♌ Leo
July 24 - Aug. 23
Don't let anyone restrict your freedoms. You need to let those who would like to take away your right to think and speak for yourself that you are not having it, that you will fight them all the way. And you must mean it.

♍ Virgo
Aug. 24 - Sept. 23
If you let fear get the better of you today, you could miss out on something that would have been a lot of fun — and might even have made you money. You have nothing to be anxious about, so take risks.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in your opposite sign of Aries is trying to warn that where your feelings are concerned, you could be easily misled. Others may try to manipulate you but don't make it easy for them.

♏ Scorpio
Oct. 24 - Nov. 22
Don't be afraid to take risks on the work front this week. The planets indicate you need to be more adventurous where your methods and routines are concerned. Just be careful you don't overdo it.

♐ Sagittarius
Nov. 23 - Dec. 21
You will see someone you thought of as a rival in a new light today. They are in fact one of the best friends you've got. Like all best friends, they may sometimes tell you things you don't want to hear.

♑ Capricorn
Dec. 22 - Jan. 20
Creatively and romantically the sky is the limit this week and with travel plans well starred, be on the move. Don't let duties hold you back. You are entitled time for yourself.

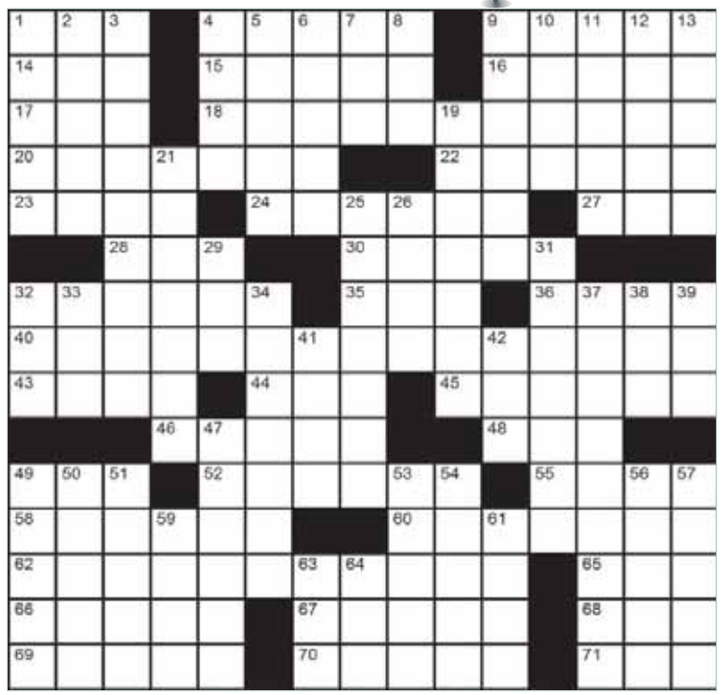
♒ Aquarius
Jan. 21 - Feb. 19
Let a friend who is feeling down know you are there for them. Your words could be all it takes to get them smiling. One small act of kindness could have a knock-on effect that transforms their life!

♓ Pisces
Feb. 20 - March 20
You will most likely make small gains over the next few days, which are then cancelled out by a number of small losses. Overall you won't be out of pocket, so take the rough with the smooth. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

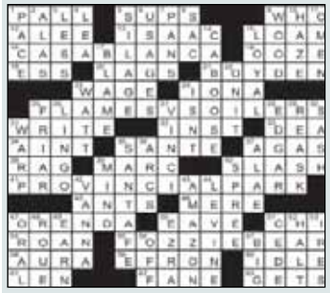
BY KELLY ANN BUCHANAN



Across
1. American flight watchdog org.
4. "The Voice" coach
9. "__ __ I may, I can't..."
14. Whethers
15. Lady Gaga's "The Edge of __"
16. Hour: French
17. __ up (Absorb)
18. Kitchener-born trailblazer of hockey analysis who is a Member of the Order of Canada: 2 wds.
20. Montreal-based carrier, Air __
22. Tea type
23. Follower of 'Que' twice, in song
24. "The Graham __ Show", on BBC Canada
27. Scot's 'No'
28. Paraguay/Brazil border river
30. Singer Clay
32. Anxieties
35. Pierre's 'here'
36. Apartment features, in ads [acronym]
40. Toronto's whereabouts: 2 wds.
43. Church part
44. Poke fun
45. Boulangerie offering
46. Artwork like the original, informally
48. Emerald
49. "Oy __!"
52. Looked at
55. Li'l times
58. Food Network Canada show hosted by #19-Down, "Everyday __"
60. Canadian filmmaker Ivan
62. 'Nova Scotia' is Latin for what?: 2 wds.
65. Fam. member
66. Goodie
67. France: Oise tributary
68. __ boost
69. Old Roman roads
70. Breaks-not the rules
71. Putrefaction

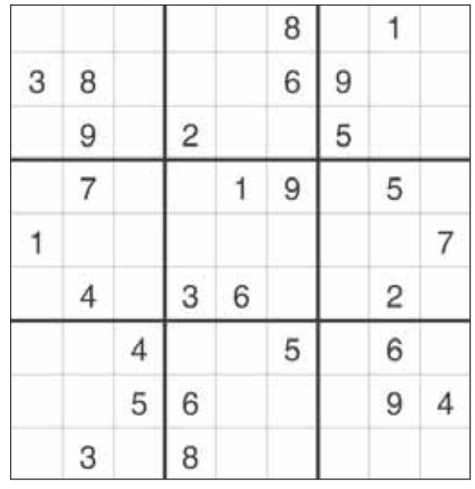
Down
1. Scrapper's weapons
2. Previously, in ye olden days
3. Spring vegetable
4. Friends of 'eewws'
5. "Show Your Teeth": Vancouver singer/songwriter, Jasper __ Yip
6. __ __ books (Do-it-yourselfer's fave reads)
7. "__, _ don't know." (Unsure reply)
8. Deli bread
9. Soulmate: 2 wds.
10. Fishing rod part
11. "Stairway": Vancouver band, __ Blonde
12. Sporting facility
13. Mr. Savard, Montreal-born hockey great
19. Roger __ (Celebrity chef, a Judge on "Chopped Canada")
21. Cat-with-headphones-logo early music site
25. Sky surprise
26. Drummer Mr. Torres
29. Sports fig.
31. Least unkempt
32. Cool __ _ cucumber
33. Alphabetic trio
34. 1973 Al Pacino movie
37. What Quebec's motto 'Je me souviens' means: 2 wds.
38. Optima car maker
39. Old French coin
41. Juste pour __ (Montreal festival)
42. Identify
47. Forces from property
49. Twenty, in Rome
50. Strain
51. "That's awesome!"
53. Clear
54. Halifax-born musician Mr. Doherty (b.1940 - d.2007)
56. Ship's load
57. Snob
59. Bygone sovereign
61. Mid-month times
63. Universal ideal
64. Women's __ ('70s movement)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

6	8	7	9	4	2	1	5	3
1	3	2	8	5	6	4	7	9
9	4	5	3	1	7	8	2	6
2	1	3	6	7	4	5	9	8
4	5	9	2	8	1	3	6	7
8	7	6	5	3	9	2	4	1
7	2	4	1	6	8	9	3	5
5	6	1	4	9	3	7	8	2
3	9	8	7	2	5	6	1	4

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